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ABSTRACT

This "how-to" guide for Team Nutrition fairs and tasting activities helps Team Nutrition supporters and schools understand how to work together to improve the health and education of children. Team Nutrition is the implementation tool for the U.S. Department of Agriculture's School Meals Initiative for Healthy Children. Section 1 of the guide offers a Team Nutrition overview. Section 2 provides Team Nutrition school activities. Section 3 discusses how to plan a Team Nutrition Fair (linking Team Nutrition supporters and schools and forming a Team Nutrition fair committee). Section 4 explains how to plan a Team Nutrition tasting activity. Section 5 offers letters and reproducibles. Parent reproducibles include "What You Need to Know About Nutrition and Physical Activity," "Take Out--Bringing the Food and Fitness Message Home," "Nutrition Games," and "Pyramid Snacks." Supporter materials include a sample letter to Team Nutrition schools, a sample media advisory, and a sample news release. Sample student reproducibles include a taste test and a taste champion certificate. Planning materials include a fax back form to identify participating schools and sample calendars. The lists of resources include Team Nutrition supporters and USDA Team Nutrition contacts. (SM)

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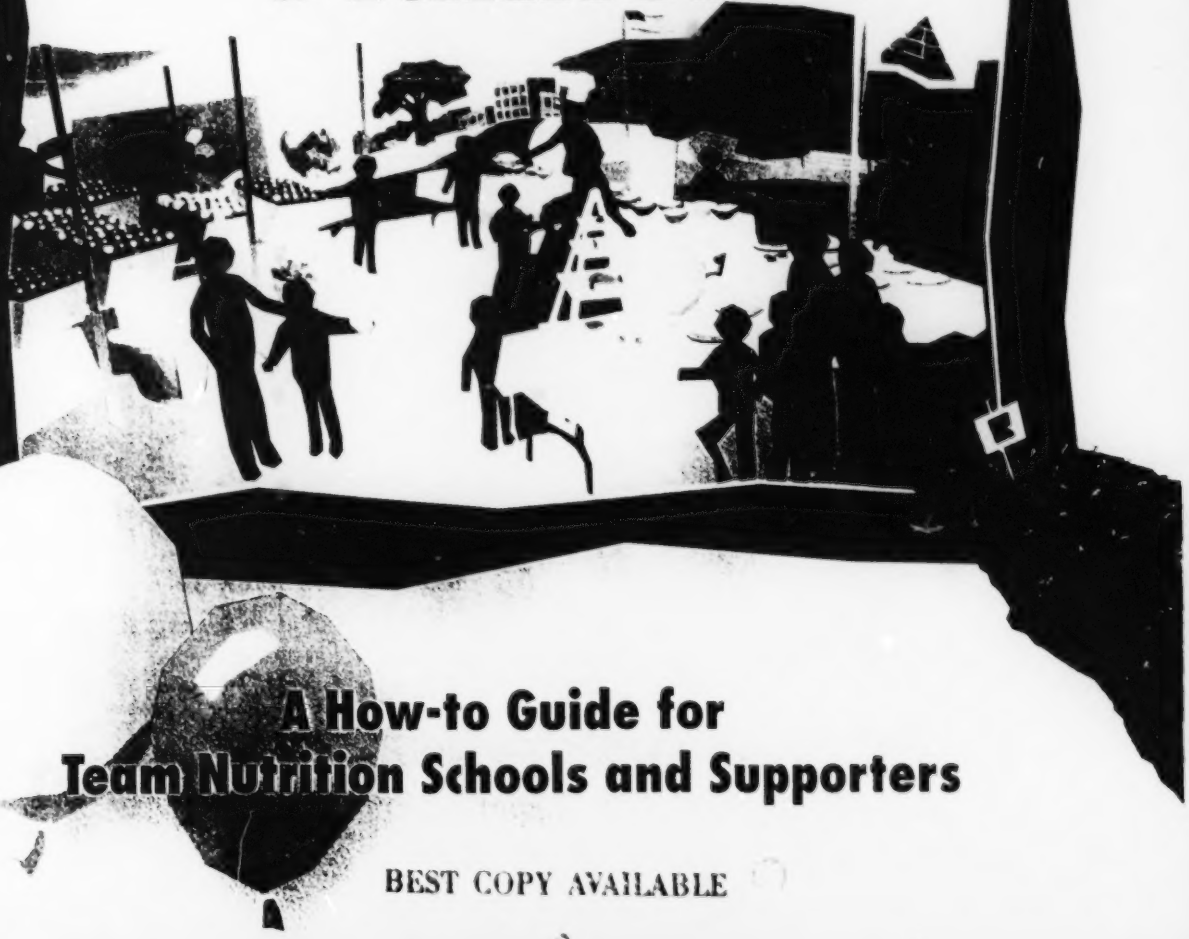
TEAM NUTRITION • USDA

Team Nutrition School Activity Planner



A How-to Guide for Team Nutrition Schools and Supporters

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Introduction

This how-to guide for Team Nutrition fairs and tasting activities was written to show Team Nutrition supporters and schools how they can work together to help improve the health and education of children.

Community institutions have an important role in creating sustaining environments that influence children's attitudes and behaviors about food. With Team Nutrition schools as a focal point, activities such as fairs and "tastings" bring together diverse segments of the community to support the broad goal of improved child health. By reinforcing nutrition messages learned through programs in Team Nutrition schools and other activities, the program helps schools and community institutions understand why it is important for them to work together as stakeholders in the nutritional status of children.

Team Nutrition fairs and tasting activities are based on Team Nutrition's theme "Making Food Choices for a Healthy Diet" which is supported by three principle messages.

Team Nutrition motivates children to:

- Expand the variety of food in their diet;
- Add more fruits, vegetables, and grains to the foods they already eat; and
- Construct a diet lower in fat.

Interactive learning activities featured at fairs and tastings are based on the Dietary Guidelines for Americans, the Food Guide Pyramid, and Team Nutrition Educational Themes:

- Food appeals to all of our senses and to our creativity
- Nutrition links agriculture and health
- We are all empowered to make food choices for a healthy diet
- Nutrition and physical activity are important for good health.

This guide includes steps Team Nutrition schools and supporters can follow to start working together for improved children's health through Team Nutrition. It also includes planning ideas and activity suggestions for Team Nutrition fairs, and step-by-step instructions for how to create a tasting activity. Additional nutrition education activities with step-by-step instructions can be found in Team Nutrition's Community Nutrition Action Kit. For more information, contact your area USDA Cooperative Extension Agent or Team Nutrition representative (see pages 47-54). Make Team Nutrition come to life in your community!

Thank you for joining the Team!

Team Nutrition Overview

Team Nutrition is the implementation tool for USDA's School Meals Initiative for Healthy Children. This is the plan to continuously improve school meals, and promote the health and education of 50 million children in 94,000 schools nationwide.

By leveraging government resources through public-private partnerships, Team Nutrition promotes food choices for a healthful diet through schools, families, the community, and the media.

WHAT'S THE GOAL?

Our goal is to empower schools to serve meals that meet the Dietary Guidelines for Americans, and motivate children in grades pre-K through 12 to make food choices for a healthy diet. Based on the best science, education, communication, and technical resources available, Team Nutrition will help children and their families to:

- Expand the variety of foods in their diet;
- Add more fruits, vegetables, and grains to the foods they already eat; and
- Construct a diet lower in fat.

HOW DOES TEAM NUTRITION WORK?

Team Nutrition's two components are:

Technical Assistance and Training, which supports school food service personnel by giving them the tools and skills they need to implement the School Meals Initiative for Healthy Children. New recipes created by teams of food service personnel, dietitians, and chefs, and taste-tested by children, are just one example of the materials USDA provides to help schools serve healthier meals with "kid-appeal."

Nutrition Education, a multifaceted educational program delivered in schools, through the media, at home, and in the community to motivate and empower children to make food choices for a healthy diet. This effort brings science-based nutrition messages to children in fun and interesting ways in a language they understand, while strengthening social support for children's healthful food choices among parents, educators, and food service professionals.

WHAT IS A TEAM NUTRITION SCHOOL?

Team Nutrition schools participate in an exciting incentive program designed to coordinate activities at the local level and encourage prompt implementation of the new school meals standards. Team Nutrition schools represent the community focal point for individuals and organizations with a shared interest in working for healthier school meals and more nutrition information for children and their families.

USDA will highlight Team Nutrition schools as they enroll to recognize schools and communities that demonstrate their commitment to improving the health and nutrition education of children.

USDA Secretary Dan Glickman invited over 94,000 principals in the country to enroll their school in the Team Nutrition Schools Program. In June 1996, thousands of USDA's Team Nutrition schools from coast to coast celebrated the 50th anniversary of the National School Lunch Program. Urge schools in your area to join the team and be part of the celebration!

WHO'S ON THE TEAM?

We want every child in the Nation to have the opportunity to learn how to eat for good health. This ambitious goal is made possible by extensive, strategic public-private partnerships and nearly 300 Team Nutrition supporters who represent all of the areas that touch children's lives, including:

- Nutrition/Health
- Education
- Food/Agriculture
- Consumer
- Media/Technology
- Government

Partnerships with Scholastic, Inc. and The Walt Disney Company are examples of Team Nutrition's strategic plan to work with organizations to leverage the Government's investment and to extend the reach of this unique program.

We have worked closely with Scholastic to develop age-specific nutrition curricula, children's magazines, parent guides, posters, and videos that are being offered to schools nationwide.

The Walt Disney Company has provided Team Nutrition "spokestoons" Timon and Pumbaa from *The Lion King* to help deliver positive nutrition messages in ways that capture children's attention. In this innovative public-private partnership, we have leveraged a small government investment into tens of millions of dollars in top-quality media promotion and education materials.

With investments like these, Team Nutrition reaches millions of children in ways they can relate to through multiple, reinforcing channels. Team Nutrition is a great investment for taxpayers. And by being a part of Team Nutrition, partners and supporters have an opportunity to touch children's lives.

WHY IS TEAM NUTRITION IMPORTANT?

Team Nutrition is a wise investment in family health.

Today:

- 35% of elementary school-age children eat no fruit, and 20% eat no vegetables on a given day
- 27% of children 6-11 are considered obese
- 90% of children consume fat above the recommended level.

Four of the leading causes of death—heart disease, cancer, stroke, and diabetes—are diet-related. Accounting for more than 1.4 million deaths annually, these conditions cost society an estimated $250 billion each year in medical costs and lost productivity.

Nutrition promotion efforts like Team Nutrition have had a proven impact; they can change behaviors, improve health, and lower these huge costs. Between 1972 and 1992, deaths from heart disease decreased by 50 percent and from stroke by 60 percent as the result of social marketing campaigns to change behavior to reduce high blood pressure, lower cholesterol, and reduce smoking.

WHAT ROLE CAN SUPPORTERS PLAY?

- **Enroll schools in Team Nutrition.** Work with USDA's Team Nutrition Regional Coordinators to enroll schools from pre-K and up as part of "the team." Contact: USDA Regional Offices (see back cover).
- **Participate in Team Nutrition school activities.** Team Nutrition schools across the Nation will be presenting nutrition and health fairs, tasting events, The Great Nutrition Adventure, and other nutrition education activities throughout the year. Support local Team Nutrition schools by participating in any or all of these activities.
- **Write about Team Nutrition in your upcoming newsletter.** Let your members know about the great changes taking place in schools and communities across the Nation. Updated newsletter information pieces are available through USDA.

  Contact: USDA Regional Office or headquarters (see back cover).
- **Reinforce Team Nutrition messages in the community.** Personalize and reproduce Team Nutrition materials for your employees, members, and community organizations to reinforce the program's messages. Reproducible materials are available through the Team Nutrition headquarters, as listed below.

HOW CAN I GET MORE INFORMATION?

USDA Regional Offices:

Call or write your Regional USDA Team Nutrition Coordinator (see back cover).

Team Nutrition Headquarters Office:

USDA Team Nutrition
3101 Park Center Drive, Room 802
Alexandria, VA 22302

Phone: (703) 305-1624
Fax: (703) 305-2148

HTTP://www.usda.gov/fcs/team.htm

State Extension, Child Nutrition, and NET Coordinators:

For a listing of these Team Nutrition Contacts, refer to pages 47-55.

Team Nutrition School Activities

Each Team Nutrition school will designate a Team Nutrition school leader who will involve teachers, students, parents, food service personnel, and the community in interactive and entertaining nutrition education activities with classroom and cafeteria components including Team Nutrition fairs and tasting activities.

WHAT ARE THE ELEMENTS OF A TEAM NUTRITION FAIR?

Team Nutrition fairs include specific elements: supporter and community volunteer involvement, interactive nutrition education activities, a cafeteria link, teacher involvement, parent involvement, and a public information/leadership roundtable. Following are descriptions of each element, followed by an example of how supporters were involved in a recent Team Nutrition fair:

Supporter and Community Volunteer Involvement

Team Nutrition fairs should include community representatives that touch all aspects of children's lives such as PTA chapters, farmers, small businesses and corporations, health and nutrition experts, volunteer chefs, and athletes to name a few. School events are a great opportunity to bring the community together to present and participate in nutrition education activities and to share ideas for working with schools in the future.

Interactive Learning Activities

A wide range of Team Nutrition fair activities can be planned for indoors or outside, including lessons on where food comes from, how food works in the body, and other things about foods, health, and nutrition. An activity might include learning how to plant or harvest a garden, or the geographical origins of our food. It could also include a physical fitness game or test. More ideas are listed on page 10-11.

Cafeteria Link

Food service staff are the direct link to year-round nutrition in the cafeteria. Their menus should reflect healthy, tasty, and nutritious meals for children. Parents and community members can help demonstrate the cafeteria link by eating a healthy school lunch with the children, participating in a taste test, or coordinating a Team Nutrition fair. Local volunteer chefs can participate in a meal preparation with food service staff, provide new recipes to schools, speak to classes about their careers, and involve children in hands-on meal preparation.

Teacher Involvement

Teachers reinforce the important link between nutrition and good health with their students. Team Nutrition classroom materials from Scholastic, Inc. are valuable tools in helping teachers integrate health and nutrition messages into regular coursework. Other classroom materials featuring Timon and Pumbaa from Disney's *The Lion King* reinforce these messages throughout the day.

Parent Involvement

Parents reinforce Team Nutrition's messages at home and should be included in Team Nutrition fairs. Parents can help in the classroom, eat a school lunch with the children, participate in nutrition education activities, and be active in leadership forums.

Community Leadership Forum

Community Leadership forums bring involved and concerned parties to the table to share ideas and develop an action plan to support Team Nutrition Schools following the mission and principles of Team Nutrition.

Team Nutrition Fair— Phantom Lake Elementary, Bellevue, Washington

Supporter and Community Volunteer Involvement

- The Phantom Lake Elementary school in Bellevue, Washington, brought together more than **24 organizations** during the Team Nutrition Schools national roll-out. Educators, food service staff, parent organizations, farmers, small businesses and corporations, health and nutrition experts, and volunteer chefs provided interactive nutrition and health activities, as well as in-class and take-home resource materials, and shared ideas on how they could continue to work together to support the mission of Team Nutrition in their local schools. Examples of their involvement are highlighted below.

Interactive Learning Activities

- **Washington State University** created a vegetable guessing game where children were asked to put their hands into a mystery food box, to feel and identify the vegetable.
- Using a pyramid filled with models of grains, breads, and pastas, The **Wheat Commission** asked children to identify which foods were grains and where in Washington grains were grown.

Cafeteria Link

- The **Bellevue District's** dietitian shared nutrition tips:
  - find lower-fat versions of popular foods such as chicken nuggets and pizza;
  - make sure that there's a produce bar (salads, vegetables, and fruits) in your schools.
- **The Apple Commission, Beef Commission, Wheat Commission, Dairy Council, and Potato Commission** covered the cafeteria walls with colorful posters of foods and a map of Washington that displayed the various agricultural products raised in the state.
- **The Washington Beef Commission** provided "taco-making and tasting" for the children.
- **Volunteer chef "Fruity"** talked about fruits, how to select them, and how they function in the body.

Teacher Involvement

- Teachers organized an all-school assembly for all the children to be a part of the Team Nutrition school banner presentation.
- A **first-grade class** arranged pictures of food on a food pyramid.
- Some teachers used Scholastic, Inc., lesson plan suggestions for various courses: **math** teachers asked students to count calories; **social-studies** classes explored the role of farming in American life; and **English** teachers assigned students to write about the best meal they had ever eaten. In addition, Walt Disney materials featuring Pumbaa and Timon from *The Lion King* reinforced messages in the cafeteria and classrooms throughout the day.

Parent Involvement

- Parents were involved in the event and children were given take-home tasting samples, educational resource materials, and fun activities to share at home.
- The **Bellevue PTSA Council** provided activity support and participated in the Public Information Roundtable.

Community Leadership Forum & School Activity Participants

Bargreen Ellington	Seattle Times
Bellevue Journal American	Share Our Strength
Bellevue PTSA Council	Sysco Food Service
Bellevue Nutrition Service	Tony's Food Service
Coastal Marketing	TreeTop
Coyote Grill	Washington Agriculture in the Classroom
Encore Brokers	Washington Apple Education Foundation
Evans Food Group	Washington Dept. of Health and Human Services
Food Service Specialists	Washington Food Policy Action Center
Kenco Food Service	Washington OSPI
King County WIC Program	Washington State Beef Commission
KOMO, KKOZ and KASB Radio	Washington State Diary Council
National Frozen Foods Corporation	Washington State University
Neighborhood House	
Office of US Rep. Jennifer Dunn	
Public Health Nutrition Service, Washington Dept. of Health	

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Planning A Team Nutrition Fair

Linking Team Nutrition Supporters and Schools

TIMELINE
6-8 Weeks

LINK SUPPORTERS TO SCHOOLS
- ☐ TN supporters identify area TN Schools/school leaders. (Schools see "Build Your Team" to identify area supporters.)
- ☐ Plan a meeting.
- ☐ Send an introductory letter.

Team Nutrition supporters can locate Team Nutrition schools in their area through the Team Nutrition schools resource list on the internet, by contacting USDA Food and Consumer Service (FCS), FCS Regional Offices, or by filling out and sending in the enclosed fax-back form to USDA Headquarters (see page 41). A complete list of FCS contacts is listed on the back page of this guide for easy reference.

When Team Nutrition supporters learn the name of the Team Nutrition school(s) and designated school leader(s) they are ready to make an important connection — letting them know they would like to be a new member of the Team. A sample letter of introduction is on page 33. It's a good idea to plan a meeting to discuss mutual interests in planning your Team Nutrition fair or activity.

Forming a Team Nutrition Fair Planning Committee

TIMELINE
5-6 Weeks

PLAN
- ☐ Establish a committee.
- ☐ Identify Activity, Logistics, and Promotion Coordinators.
- ☐ Develop a plan, with principal's approval.
- ☐ Use Team Nutrition themes.
- ☐ Determine size of activity.
- ☐ Establish dates and times.

Team Nutrition school leaders can work with community supporters and volunteers to form a planning committee that will work together to plan the school fair. Include at least one representative from the following groups: school food service personnel, teachers, parents, students (if appropriate), and community Team Nutrition supporters. USDA's Cooperative Extension Agents, State Child Nutrition Directors and Nutrition Education Training (NET) Coordinators in your area can also be

BUDGET
- ☐ Develop budget using estimates from others who have conducted similar activities.
- ☐ Solicit in-kind contributions from local businesses, civic groups, agencies (if needed.)

INSURANCE
- ☐ Check with the school principal to see if special liability insurance is needed.

CONTINGENCY PLANS
- ☐ Select an alternative location or date in case of bad weather.

contacted to participate and assist with fair planning ideas. See pages 50-54. Divide fair responsibilities among three coordinators or planning groups, or create your own system to involve volunteers in the planning process.

- Activity coordinator - Coordinates organizations and volunteers who will present activities that support Team Nutrition themes.
- Logistics coordinator - Coordinates the day's schedule, equipment, and set-up.
- Promotion coordinator - Involves the media, parents, and the community and coordinates the leadership forum.

A sample Team Nutrition fair planning calendar is shown on pages 42-43. You can use this as a reference to create your own timeline and planning calendar on pages 44-45.

Building Your Team and Choosing Fair Activities

(Activity Coordinator)

TIMELINE
4 Weeks

DEVELOP PARTNERSHIPS
- ☐ Contact USDA Team Nutrition Coordinators (see back cover).
- ☐ Contact local chapters of Team Nutrition supporters listed in this guide.
- ☐ Contact local nutrition coalitions or organizations.
- ☐ Contact local community-minded businesses.
- ☐ Identify each group's fair activity and handouts for parents and children. Relay information to logistics coordinator.

RECRUIT VOLUNTEERS
- ☐ Recruit volunteers from local parent and civic organizations.
- ☐ Make a record of names, addresses, and telephone numbers of volunteers.
- ☐ Make reminder calls.

Bringing the school together with community supporters is vital to Team Nutrition's success. Many organizations have nutrition education activities they can present at Team Nutrition fairs and stand ready to assist school efforts.

Contact a variety of groups and organizations who can present activities that support the educational themes of Team Nutrition. On page 48 is a list of supporting organizations. Use this list to identify and encourage local supporters and other organizations to present fair activities and attend the leadership forum.

Talk to registered dietitians and nutritionists at your health department, hospital, or local university to identify more potential fair participants. Ask about nutrition education efforts related to Healthy People 2000 and 5-A-Day.

Several ideas for fair activities are listed below and on the following pages. You and your participating organizations can choose these activities, or create your own.

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ACTIVITIES THAT SUPPORT TEAM NUTRITION THEMES

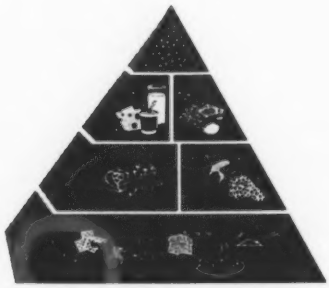
Following are some ideas that have been presented at Team Nutrition fairs across the Nation that support Team Nutrition educational themes. Additional nutrition education activities with step-by-step instructions can be found in Team Nutrition's Community Nutrition Action Kit. For more information, contact your area USDA Cooperative Extension Agent or Team Nutrition representative (see pages 50-54).

Food appeals to our senses and creativity:

- Plan a tasting activity as one station at the fair (see page 19).
- Have volunteer chefs lead students in an activity that shows them how the five senses help to enjoy food.
- Enjoy a story from around the world and learn about the foods and customs of other countries and cultures (see page 21).
- Help students start a pen pal program with children in other parts of the U.S. and learn about the foods they eat.

Nutrition links agriculture and health:

- Plan a produce display: Create a hands-on display where children can touch, taste, and smell new and different types of fresh fruits and vegetables. Have classes identify when and where each fruit is grown and how they can tell when food is "in season" and ripe.
- Create a continuous poster display of "in season" fruits and vegetables for the cafeteria.
- Plant, grow, and harvest a fruit, vegetable and/or herb garden. Help students list foods that are grown on a farm and can grow in the school's garden.
- Discuss the benefits of a healthy diet and where foods come from.



We are all empowered to make food choices for a healthful diet:

- Teach a class how to use the food label and nutrient analysis to measure the healthfulness of a recipe or meal prepared by food service staff.
- Students can arrange school lunch foods in the Food Guide Pyramid groupings.

- Create a snack building booth: Have children learn about and create fun, healthy snacks. See page 31 for recipe ideas.
- Provide the new healthy recipes with nutrient analyses for children to take home to their parents.

Good nutrition and physical activity are important for good health:

- Discuss the value of physical activity in relation to overall health and in accordance with the Dietary Guidelines. See pages 25-31 for handouts.
- Invite the physical education teacher to conduct a physical activity station, such as a pyramid relay race to sort pictures into food groups.
- Help students pick out foods on the Food Guide Pyramid that promote energy for favorite sports or recreational activities.
- Play the Pyramid Toss: Construct a model pyramid using the Nutrition Games student reproducible on page 29. Form teams. Children toss bags through the pyramid holes. The first team to reach the recommended number of servings in each section of the pyramid wins.

In-class nutrition lessons

During the day, teachers can use Scholastic, Inc. in-class lesson plans for various courses or try the suggestions below:

- Math: create weekly bar graphs of who's eating specific fruits and vegetables; compare lunchroom menus to the Food Guide Pyramid.
- Social Studies: explore the role of farming in American life; highlight cultural origins of foods in the lunchroom.
- English: assign students to write about the best meal they have eaten; have students write food reviews of the day's lunch.
- Science: have students explore their place in the ecosystem by conducting experiments with growing plants and by investigating the food chain; start planning for an indoor garden.

CHALLENGE students to communicate to their peers how to make food choices for a healthy diet through art, English, or science and technology. (Later, display their efforts throughout the school and community.)

Planning the Schedule, Equipment, and Handouts

(Logistics Coordinator)

TIMELINE
3-4 Weeks

SCHEDULE
- ☐ Create a fair schedule.
- ☐ Circulate schedule to participants, media, parents, community members and school staff.

EQUIPMENT
- ☐ Identify and make a list of all materials and equipment needed. See each participant for specific items.
- ☐ Solicit items from local businesses and other community groups, if needed.
- ☐ Plan a guest check-in station.

PARKING
- ☐ Determine parking needs.
- ☐ Mark space available for parking.

SIGNS
- ☐ Determine type and number of signs needed and prepare.
- ☐ Post signs.

REFRESHMENTS
- ☐ Determine refreshment needs.
- ☐ Identify providers and arrange for delivery.
- ☐ Obtain paper goods (napkins, plates, cups, plastic utensils).

ACTIVITY SET UP
- ☐ Set up check-in station at school's main entrance.
- ☐ Set up refreshment, collection and loading areas at site, etc.
- ☐ Set out handouts.
- ☐ Decorate.
- ☐ Clean up.

Schedule

Work with the school immediately to reserve general information including the date and times for the fair. Include plans for a rain alternative. Disseminate this information right away (at least 3 weeks before the fair) so everyone can save the date well in advance. Your committee will also use this information to invite guests and recruit volunteers for the fair.

Then create a more detailed fair schedule to show how students will rotate through the day's activities. Include specific times, location/room number, and activity title; and when appropriate, include class name, teacher, and additional assigned group leaders such as food service staff, parents, or volunteers. You may also want to include a map of the school as an easy-reference for guests to find their way to the various activities. Share this plan with the school staff and the Team Nutrition committee at least 1 week before the fair. This will be used to send to the media and to coordinate specific times and places for volunteers, etc. Make enough copies to give one to everyone as they sign in at the fair.

Equipment and Materials

Meet with your activity coordinator to find out which organizations will be presenting activities at the fair. Talk to each organization to identify and make a complete list of all of the materials and equipment needed. Consider things like copies of activity handouts, recipes, and other health information for parents or children. Make sure that anyone providing a food, snack, or recipe includes a nutrient analysis as a handout or a sign. If some items are needed, be prepared to ask local businesses and organizations to donate them for your school's activity. Always plan to have a few extras in case you run out!

Set Up

In advance of the fair, coordinate with school personnel to make arrangements for transportation of all supplies and equipment to the fair site and for storage, if needed. Be present the day of delivery to make sure everything arrives and is put in its proper place. (Allowing time between the delivery and set up gives you time to make alternate arrangements for anything that was not delivered.) Make a list of items that were borrowed or rented and where they need to be returned to for your reference. Set up supplies the day before or morning of the activity. Make arrangements to return supplies that were borrowed or rented.

Parking

Meet with the promotion coordinator to estimate the number of people who will be attending the fair including parents, community members, and volunteers. Determine your parking needs and work with the school to identify an area of the parking lot you can reserve for the fair. Determine the number of signs you may need and plan to post them the morning of the fair. If you expect rain, consider laminating the sign for protection.

Signs

Having plenty of signs marking where activities will be held will facilitate your job of being "host" for the day. Discuss whether the art teacher could involve children in creating signs for the following: parking, guest check-in, school assembly, fair activity stations, refreshments, cafeteria, leadership forum, guest rest rooms, and telephone.

Lunch and Refreshments

Determine whether you would like to have refreshments for your guests or invite them to purchase and eat a school lunch with the children. Coordinate with the school food service staff in advance to make sure they are prepared to serve extra meals. If you choose to serve other refreshments, identify providers and arrange for delivery and paper goods (napkins, plates, cups, plastic utensils).

Activity Set Up and Decorations

Before Activity:

Make arrangements to have volunteers help set up the fair and activities. Plan to do as much of the work as possible the day before. Add last minute touches in the morning. Be sure to place a check-in table at the school's main entrance to welcome guests and provide schedules and name tags. Have all areas well marked with signs for each activity station and refreshments (if provided). Set up multiple garbage collection sites to keep the area clean. Coordinate with the promotion coordinator to decorate the walls of the fair with the children's art work and Team Nutrition posters.

Day of Activity:

Plan to do any last-minute set up needed. Set out all handouts, schedules, maps, name tags, refreshments (if needed) and utensils. Make sure all of your signs are posted.

Clean Up:

Make plans for volunteers to help clean up after the activity and to help return all borrowed equipment and materials.

SAMPLE PLAN FOR A TEAM NUTRITION FAIR

Design a plan along with your Team Nutrition school leader and committee that shows how the children will rotate through the day's activities. It is important to examine the school's schedule and the amount of time available. Include the following in your schedule:

DAY BEFORE THE FAIR:
- Students help decorate the lunchroom to celebrate the day.
- Prepare the gym, classrooms and/or cafeteria for activities and booths.
- Plan to have name tags for guests and school staff.

MORNING:
Time: 8:30 am
Location: Gymnasium
List of Classes: All
Start off the school day with an assembly to get students, teachers, food service staff, community leaders, parents, volunteer chefs, and guests excited!

- School's spokesperson introduces Team Nutrition to the school and announces the special lessons and activities that will take place throughout the day.
- Unveil the Team Nutrition certificate and unfurl the Team Nutrition school banner.
- Announce the school's Team Nutrition art (or other) contest winner and present an incentive prize or certificate.
- Thank special guests/supporters for their contributions and efforts.

THROUGHOUT THE DAY:
IN THE CLASSROOM
- Teachers can incorporate nutrition education into their lesson plans: refer to the many suggested classroom activities described throughout this planning guide or in the Team Nutrition Scholastic curriculum. Call 1-800-SCHOLASTIC for order information.

IN THE CAFETERIA
- Schedule question/answer sessions for students and food service personnel and highlight the day's healthful meal by displaying the meal's nutrient analysis.

AFTERNOON:
Time: 11am-2pm
Location: Gymnasium
List of Classes: Grades K-1, 11-12 pm; Grades 2-3, 12-1 pm; Grades 4-5, 1-2 pm
Arrange exhibits and activities in the cafeteria or gym so that everyone has room to move easily from one area to another. It's a good idea to plan sessions where one or two classes rotate through the fair at a time. Allow time at the end of each session for students, teachers, and guests to return to exhibits and activities that are of particular interest to them.

COMMUNITY LEADERSHIP FORUM
Time: 2-3 pm
Location: Library
At the end of the day, bring together the community supporters and leaders in the library or classroom for a meeting to discuss Team Nutrition and create a year-long action plan. Discuss how all can continue to work together to support the goals and objectives of Team Nutrition, efforts to meet the Dietary Guidelines for Americans, and ways to motivate children to make food choices for a healthy diet. (See attached sample agenda on page 18.)

Coordinating Community, Parent, and Media Involvement

(Promotion Coordinator)

TIMELINE
3 Weeks

PROMOTION MATERIALS
- ☐ Identify and list the informational and promotional materials needed, such as flyers, maps, directions, public service announcements, press releases, etc.
- ☐ Prepare and photocopy materials.
- ☐ Distribute materials.
- ☐ Decorate.

PROMOTION
- ☐ Create guest list and name tags.
- ☐ Contact local editors/columnists, popular disc jockeys, radio/TV announcers and talk show hosts, community leaders.
- ☐ Schedule interviews for the week leading up to the activity.
- ☐ Make presentations at local civic clubs or community meetings.
- ☐ Develop/distribute information.

INVITATIONS
- ☐ Invite guests to fair and leadership forum.
- ☐ Place follow-up calls.
- ☐ Identify a special room for the meeting.
- ☐ Create an agenda to distribute at the meeting.

COLLECT INFORMATION
- ☐ Collect basic information on who's who in the media including local radio; daily, weekly and monthly newspapers; and local and regional magazines.
- ☐ Make your targeted media list.

DESIGNATE A SPOKESPERSON(S)
- ☐ Designate a specific spokesperson(s) to talk to the media at the activity.
- ☐ Identify a student, supporter, volunteer, and parent for interviews at the activity.

IN THE COMMUNITY:

Coordinate plans to inform the community of your Team Nutrition school activity through various channels such as:
- in-house communications: flyers, newsletters, e-mail
- employee meetings
- local media: a sample media advisory and news releases inviting news coverage of your activity can be found on pages 34-35. Also invite your local media representatives to participate in the afternoon leadership forum.

IN SCHOOL:

Generate excitement and engage children in nutrition education before the fair by holding a nutrition art or coloring contest with a Team Nutrition theme. Display all the art work in classrooms and in the cafeteria, on bulletin boards and in other areas throughout the school. Ask local supporters to display art work throughout the community to showcase the steps taken to make healthier food choices a priority. Award the winner a prize at a morning assembly to kick off the fair.

Use Team Nutrition's Walt Disney materials featuring Pumbaa and Timon from *The Lion King* to reinforce messages in the cafeteria and classrooms throughout the day. (Distributed to schools in the Team Nutrition Schools Resource Kit.)

IN THE MEDIA:

Involving your local media helps extend Team Nutrition into the community and highlight the positive changes taking place in school meals. Media coverage raises awareness of community involvement and can help schools recruit more businesses, organizations, parents, and volunteers for future activities.

Get started by collecting basic information on who's who in the media including local radio; daily, weekly and monthly newspapers; and local and regional magazines. Then identify who covers what "beat" – education, schools, food, health, nutrition, and community events. Make a list of these contacts for your reference.

DEVELOP A PRESS RELEASE AND MEDIA KIT

- ☐ Create a press release.
- ☐ Assemble a media kit.

ESTABLISH A RELATIONSHIP

- ☐ Find out who is the right person to fax, mail, or e-mail press releases, background information and media kits to. Faxing is usually best.
- ☐ In follow up, ask to speak to that person to establish a personal contact and to get them interested in the upcoming activity.

OUT REACH

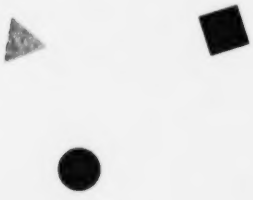
- ☐ Send media kit as soon as possible.
- ☐ Contact reporters to remind them of the activity 2 to 3 days in advance.
- ☐ Encourage a photographer or camera crew to accompany the reporter.

LAST MINUTE

- ☐ Telephone the media contacts to remind them of the activity the day before.
- ☐ Be sure to have all attendees sign in, give them a map of the activity, and guide them to activities.

FOLLOW UP

- ☐ Collect all newspaper articles written; ask media outlets for copies of their story.
- ☐ Evaluate the activity.
- ☐ Send thank-you notes.
- ☐ Send copies of your evaluation and media clips to your USDA representative (optional).



Create information that will catch a reporter's interest. Start by writing a news release (see sample on page 35). Including who, what, where, when, how, and why clearly and concisely. Also include the title, date, time, and location as well as a contact person and phone number for further information. Next, assemble an information kit including your news release, background information, biographies, photos, activity descriptions, student contests, recipes, etc. Ask your participants if they can provide some of this information for you.

Send the information kit and press release to your media contacts to arrive about a week in advance and then make contact to introduce yourself and tell reporters about the activity. Let them know you will be following up later in the week to give them any additional information they may need prior to the fair. Follow up again 2 to 3 days before the fair, and place a brief reminder call the day before.

Be sure to have all invited guests sign in; give them a map of the activity and assign a guide to direct media to activities. After the fair, send a thank-you note to everyone who attended, collect all newspaper articles written, and ask media outlets for copies of their story.

INVITE GUESTS TO ATTEND AND PARTICIPATE IN THE FAIR AND COMMUNITY LEADERSHIP FORUM:

Involve as many community members and parents in the fair activities as possible; adults serve as positive role models and help build social support for children's healthful food choices. Send letters of invitation and encourage parents, teachers, school food service staff, Team Nutrition supporters and community leaders to attend the fair and leadership forum.

Community leaders will see the positive changes taking place in school and will have the opportunity to be involved.

At the end of the day, bring together the community participants in the library or classroom for a meeting to discuss creating a Team Nutrition action plan.

Discuss how all can continue to work together to support the goals and objectives of Team Nutrition, efforts to meet the Dietary Guidelines for Americans, and ways to motivate children to make food choices for a healthy diet. (See sample agenda on page 18.)

TEAM NUTRITION LEADERSHIP FORUM: Sample Agenda

Purpose: Community institutions have an important role in creating sustaining environments that influence children's attitudes and behaviors about food. Team Nutrition leadership forums bring together diverse segments of the community to encourage their support of the broad goals of improved child health through the Team Nutrition program.

Facilitators: Principal, Food Service Director/Manager and Team Nutrition School leader.

Participants: Parents, Team Nutrition supporters, community leaders, volunteers.

I. Introduction

A. Principal, Food Service Director and Team Nutrition School leader introduce themselves and their roles in Team Nutrition.
   1. Establish Team Nutrition School leader as main contact for Team Nutrition activities.
   2. Give an overview of Team Nutrition (See Page 2) and discuss how it addresses the needs of the school.

B. Ask forum participants to introduce themselves to give everyone a chance to get to know each other.

II. Discussion

A. Discuss ways to support the school's nutrition policy and efforts to meet the Dietary Guidelines.

B. Discuss ways to assist the school in motivating children to make healthful food choices both in and out of school. (i.e. in-class presentations, tasting activities, material distribution for parents and children, community activities, field trips.)

C. Brainstorm ideas to support this school and perhaps all area Team Nutrition Schools in nutrition education efforts.

III. Create a Team Nutrition School Action Plan

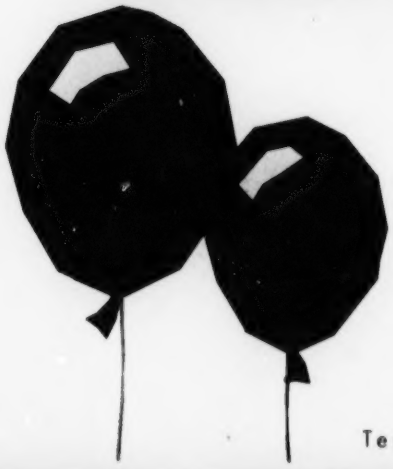
A. Make plans to meet on a regular basis.

B. Plan a calendar of guest educational presentations and field trips that support Team Nutrition on a regular basis. Set a goal of one activity per month or consider highlighting key dates throughout the school year: September - Back to School; October - National School Lunch Week; December - Healthy Holidays; March - National Nutrition Month; May - National Sport and Physical Activity Month.

C. Create a Community Action Plan
   1. Discuss how local businesses can reinforce good nutrition messages in their offices (copy and distribute "reproducibles" in grocery bags, etc.).
   2. Discuss how organizations can reinforce messages through their communications (newsletters, etc.).

D. Exchange Contact Information for follow up with the Team Nutrition School leader and leadership forum participants.

Planning A Team Nutrition Tasting Activity



TEAM NUTRITION TASTING ACTIVITIES

Tasting Activities encourage children to add variety to their diets through engaging opportunities to taste new foods and to learn about their senses. Tasting activities should be accompanied with a lesson about where foods come from and how food relates to health and well-being. They can be presented by Team Nutrition supporters, volunteer chefs, school food service staff, a local volunteer, or a teacher as part of a Team Nutrition fair or any time of the year.

WHAT STUDENTS CAN DO:

- try new foods
- use senses to evaluate foods
- share taste stories
- identify foods that come from different states or countries and locate those places on a map/globe

SKILLS DEVELOPED:

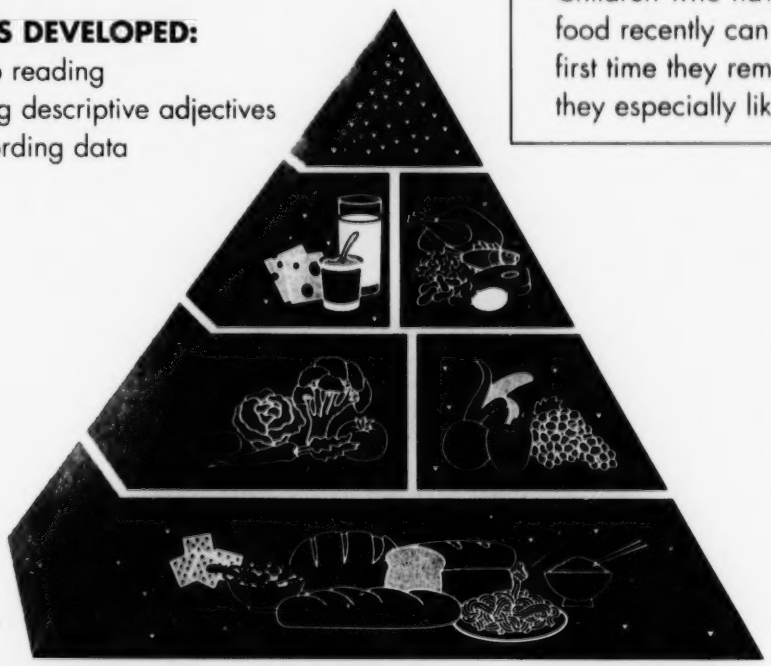
- map reading
- using descriptive adjectives
- recording data

MATERIALS AND REFERENCES:

- Pyramid Snacks parent reproducible on page 31
- Taste Test and Taste Champion Certificate student reproducibles on pages 37-39
- globe or map of the world
- material for making blindfolds
- markers or crayons

GETTING STARTED:

- Ask children to name any foods they recently tried for the first time. List them on the board.
- Encourage students to share the stories of these new food experiences. What made them try the new foods? What did they like about them?
- Children who have not tasted a new food recently can share stories of the first time they remember trying a food they especially like to eat.



The following Tasting Activities were adapted from Scholastic Inc. and can be found in Scholastic's "Food Time" and "Food Works" teachers' resource kits.

A WORLD OF TASTES
Where Does Food Come From?

Tell children that the foods they know came from many different countries. For example, pasta, including spaghetti, came from Italy and may have been brought to Italy from China by Marco Polo.

- Ask children if they know of any foods or recipes that come from other countries and list these on the board.
- Ask them to name a favorite dish from another country and look for that country on the globe or map.

Encourage children to try a food from another country. They can make up a story about going there on a taste trip and explain why they like the food.

Children can ask family members and food service staff to help them take taste trips to other countries by preparing foods from different places. The class can keep track of the countries "visited" over a period of time. Children can share stories about their taste trips and encourage others to "visit" their favorite countries.

ACTIVITY MODIFICATIONS
Present different foods and their stories of origin. Ask children to use the map to show the class where the food originated and where the food is grown in their country, state, or community.

BLINDFOLDED TASTE-TESTING
A World of Senses

When Marco Polo first tried noodles, he had no idea how they would taste. He had to use his five senses to decide if he liked the new food. Review the five senses and ask children how they might use each to decide whether they like a food. They may need help associating certain senses with their food choices.

- Ask children if they can hear a difference in the sounds of crunchy foods and soft foods. Can they feel (touch) a difference?
- Ask children to compare the taste of a hot slice of pizza with a cold one.
- Have children recall the last time they had a cold. Ask them to describe changes in the way they could smell things, or taste their favorite foods.

Students can brainstorm words that describe food for each of the five senses. For example: hearing, crunchy, slurpy, popping, etc.

PREPARING THE TASTE TEST

Supporters, parents, or food service staff can prepare foods in either or both of the following ways:

- Using different forms of a single food. For example, carrots can be eaten raw, in coleslaw (using low-fat mayonnaise), steamed, or as carrot juice; peanuts can be eaten raw, roasted, or as peanut butter; apples can be juiced, diced, or baked in pies.
- Using different varieties of a food. For example, Macintosh, Granny Smith, or Golden Delicious apples might be compared, or many varieties of bread could be sampled.

Distribute the Taste Test student reproducible on pages 37-38. In this test, children are blindfolded and supporters, parents, or food service staff lead them to sample different foods.

SAMPLING

- The first time they taste a food, children should hold their noses so they can't smell. Volunteers record the adjectives children use to describe the foods on the survey.
- After the test, the class should discuss how foods taste different when we don't know what they are, and how much fun it is to try new foods when we don't know anything about them.

CHALLENGE children to try a new food!

Have them share their experiences with the class and see who has been the most adventurous "taster." Present a "Taste Champion" certificate (see page 39) to encourage more new taste sampling.

HOME CONNECTION:

Tasting activities for the whole family. Discuss healthy choices for snacks, then distribute the Pyramid Snacks parent reproducible (see page 31). Encourage children to try the snack suggestions with their parents.

LUNCHROOM LINK:

- Children often have favorite "foreign" or "ethnic" foods, from pizza to egg rolls. They can tell the food service staff about the foods they like that originated in other countries.
- Children and food service staff can work together to identify what foods on the lunch or breakfast menu come from other countries and they can label the food with the name of that country.
- Food from a different country can be featured each month. Everyone can have a role in this geography lesson; staff can prepare the food and students can research information about the country to include on the menu.

Letters and Reproducibles

What You Need to Know About Nutrition and Physical Activity

Dear Parents,

Welcome to Team Nutrition, a nutrition education program brought to you by the USDA, Scholastic Inc., and your child's school. The goals of Team Nutrition are simple — to improve the health and education of children by empowering them to:

- Choose a variety of foods;
- Eat more fruits, vegetables, and grains; and
- Construct a diet lower in fat.

You are your child's most important role model and your help is needed for this program to succeed. That's why we've created parent pages full of fun and informative activities you and your child can do together. Help us help kids make food choices for a healthy diet!

What Are Children Eating Today?

- 35% of elementary school-age children eat no fruit, and 20% eat no vegetables on a given day.
- 27% of children 6–11 are considered obese.
- 12% of school-age children report skipping breakfast.

Q A WHY IS NUTRITION EDUCATION IMPORTANT?

Research has shown that classroom nutrition education can improve elementary school children's eating behaviors. This is particularly important if you consider the following facts:

- Most kids don't eat well.
- What you eat affects your health, cognitive ability, and physical performance. Students who eat well perform better in school.
- Some chronic diseases have roots in childhood.
- Good eating habits are easier to develop than trying to change poor ones.

Q A WHAT IS A HEALTHY DIET?

The Dietary Guidelines for Americans, published by the U.S. Departments of Agriculture and Health and Human Services, are designed to help healthy Americans aged 2 and over stay healthy. These Guidelines encourage you to:

▲ ***Eat a variety of foods:***
We need more than 40 different nutrients to maintain good health. These include the essential nutrients like vitamins, minerals, amino acids from proteins, essential fatty acids from fat, and protein, carbohydrates, and fat.

▲ ***Balance the food you eat with physical activity; maintain or improve your weight:***
The possibility of developing health problems increases when we weigh substantially above or below our recommended weight. Approximately one-third of American children and adults are overweight. Excess body weight is linked to high blood pressure, cardiovascular disease, adult-onset diabetes, and certain cancers.

▲ ***Choose a diet with plenty of grain products, vegetables, and fruits:***
Vegetables, fruits, and grain products are important sources of complex carbohydrates, dietary fiber, and other food components linked to the prevention of chronic diseases. Many of the foods are also high in nutrients and lower in calories.

▲ ***Choose a diet low in fat, saturated fat, and cholesterol:***
Higher levels of fat, saturated fat, and cholesterol in the diet are linked to increased risk for cardiovascular disease. Since fat provides more than twice the calories of an equal amount of carbohydrates or protein, a diet low in fat makes it easier to include the variety of foods you need for nutrients without exceeding your food energy needs.

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Bread, Cereal, Rice, and Pasta Group (6–11 servings)
- 1 slice of bread
- 1 ounce ready-to-eat cereal
- 1/2 cup cooked cereal, rice, or pasta

Vegetable Group (3–5 servings)
- 1 cup raw leafy vegetables
- 1/2 cup of other vegetables, cooked or raw
- 3/4 cup vegetable juice

Fruit Group (2–4)
- 1 medium apple, banana, orange
- 1/2 cup chopped, cooked, or canned fruit
- 3/4 cup fruit juice

Milk, Yogurt, and Cheese Group (2–3 servings)
- 1 cup milk or yogurt
- 1 1/2 ounces of natural cheese
- 2 ounces of processed cheese

Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group (2–3 servings)
- 2–3 ounces cooked lean meat, poultry, or fish
- 1/2 cup cooked dry beans, 1 egg, or 2 tablespoons peanut butter count as 1 ounce of lean meat.

▲ ***Choose a diet moderate in sugars:***
The only health problem that has been directly linked with the excessive consumption of sugar is the increased risk of tooth decay. However, the problem with sugars is that many foods that contain them in large amounts supply calories yet few nutrients. Diets low in simple sugars (like white sugar) and high in complex carbohydrates are usually lower in fat and calories and higher in fiber than are diets that contain a large percent of refined sugars or sweets.

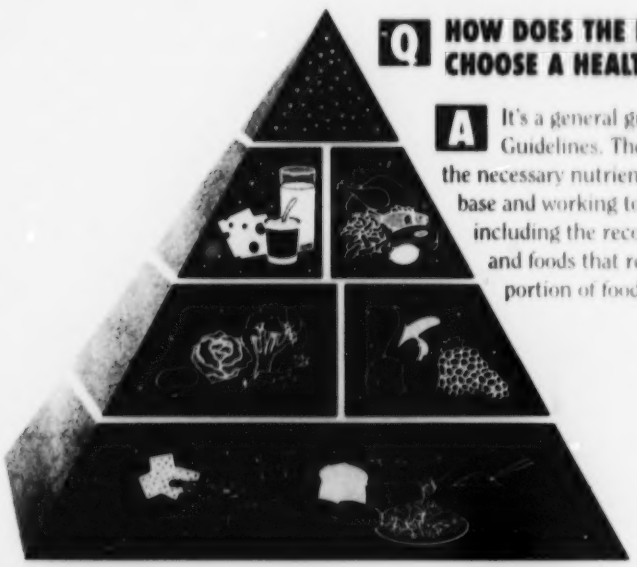
▲ ***Choose a diet moderate in salt and sodium:***
Most Americans eat more salt and sodium than the small amounts their bodies need. In addition to table salt, many fast foods and processed foods are sources of large amounts of sodium. About one in four Americans has hypertension (high blood pressure), which can be intensified with obesity and too much sodium in the diet. Since hypertension can be hereditary, it is wise to make moderate consumption of salt and sodium a habit.

The following guideline on alcohol does not apply to children and adolescents. Children and adolescents should not drink alcoholic beverages.

▲ ***If you drink alcoholic beverages, do so in moderation:***
Alcohol contains almost as many calories as fat and provides few nutrients. Excess consumption of alcoholic beverages is related to liver disease, malnutrition, and some forms of cancer. Their consumption during a pregnancy can damage the fetus. Of course, it is illegal for children to consume any alcohol. Use the Food Guide Pyramid as a tool to help you reach the goals outlined by the Dietary Guidelines.

Q WHY IS PHYSICAL ACTIVITY IMPORTANT?

A Although food is an important component of healthy living, smart eating should be accompanied by regular exercise. Your body needs activity as much as it needs food, and long-term health usually depends on both healthy eating and regular physical activity. Regular activity can strengthen the heart, lungs, and muscles and increase flexibility. Exercise also burns excess calories and can help to improve your shape by reducing body fat. In addition, exercise can help you to relieve stress and generally feel better about yourself. Active children tend to become active adults, and thus it is important for children to get into the habit of exercising regularly.



Q HOW DOES THE FOOD GUIDE PYRAMID HELP YOU CHOOSE A HEALTHY DIET?

A It's a general guide of what to eat each day based on the Dietary Guidelines. The Pyramid recommends eating a variety of foods to get the necessary nutrients and maintain a healthy weight. Starting from the base and working toward the top, here's how the Food Pyramid is "built," including the recommended number of servings per day for each group and foods that represent one serving—the amount that counts as one portion of food.

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Take Out

Bringing the Food & Fitness Message Home

Tasty Tips to Lower Fat

Cut the fat in your family's diet with these simple tips:

- Most fruits, vegetables, and grains are naturally low in fat. Eat lots of them.
- Prepare foods in ways that don't add fat. Steaming, baking, broiling, and boiling can all be fat-free.
- Look for low-fat, skim, or nonfat dairy products.
- Select low-fat desserts, but remember —low-fat does not necessarily mean low-calorie!
- Choose lean cuts of meat, and serve poultry without the skin. White meat is lower in fat than dark.
- Choose low-fat dressings, spreads, and toppings. Spread fruit jams on toast instead of butter or margarine.
- Use food labels to identify which foods are high in fat.

Your child is learning about the importance of choosing foods for a healthy diet. You can get involved, too! Here are three simple steps for a healthier family:

1 Construct a Diet Low in Fat

See sidebar at left, "Tasty Tips to Lower Fat."

2 Try New Foods

Familiarity is key to enjoying foods. Kids often take more than one try before they learn to appreciate a food. So don't take "I don't like it!" as the final word — keep offering a new food to your kids even if they have turned it down. Here are ways you can persuade the most finicky eater to try a new taste.

- **Be a role model.** Kids are more likely to eat a food if you try it with them — especially when you let them know how good it is!
- **Picky eaters?** So let 'em pick! Allow your children to help select the foods the family will eat from a variety of foods.
- **Prepare meals together.** Involving kids in the preparation of new dishes will increase their willingness to taste new foods.

Remember: children eat smaller servings than adults — generally about two-thirds of an adult portion. When you introduce kids to a new food, you may want to start off with a small portion.

3 Eat More Grains, Fruits, and Vegetables

Everyone can benefit from being a bottom-feeder — that is, by eating more of the foods found near the bottom of the Food Guide Pyramid! (See the reverse side to learn more about the pyramid.) Here are ways to eat more grains, fruits, and vegetables:

- **Get in the habit.** Include a fruit and/or a vegetable in every meal.
- **Put produce on show.** Store washed and ready-to-eat fruits and vegetables where they can easily be seen.
- **Spruce up old favorites.** Include fruits or vegetables in recipes that may not call for them. Add diced carrots to rice, add fruits to meat dishes, or try cereals and shredded carrots on sandwiches.
- **Put grains front and center.** Plan your daily menus around large servings of grains, such as bread, rice, noodles, or tortillas.
- **Be a big dipper.** Kids enjoy dipping fruits and vegetables into low-fat salad dressings or other dips.
- **Make eating fun.** Present foods in interesting shapes, place cubed fruits or vegetables on toothpicks or skewers, or use food to make a design on your child's plate.
- **Don't skip breakfast.** Start your day on the right foot with a healthy meal.

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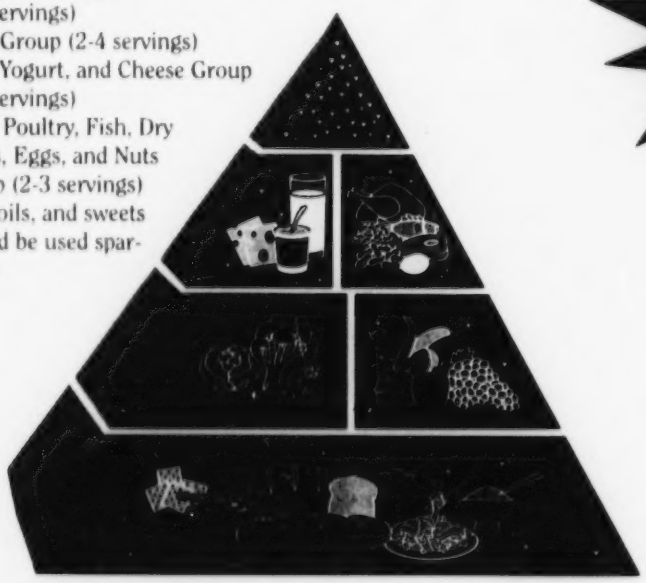
Pyramid Power

You can't turn on the television or pick up a newspaper without seeing an ad for a miracle diet or new food product that "guarantees" health. But no single product or strict diet will provide lifelong health. So what is the proper combination of foods we should eat to remain strong and healthy?

Let the pyramid be your guide. The USDA developed the Food Guide Pyramid to help all Americans choose a healthy diet based on the latest scientific data. The pyramid shows the relative amounts of food to eat from each of the five major food groups. No one of these groups is more important than another — for good health, you need them all. The pyramid recommends the following number of servings each day:

- ▲ Bread, Cereal, Rice, and Pasta Group (6-11 servings)
- ▲ Vegetable Group (3-5 servings)
- ▲ Fruit Group (2-4 servings)
- ▲ Milk, Yogurt, and Cheese Group (2-3 servings)
- ▲ Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group (2-3 servings)
- ▲ Fats, oils, and sweets should be used sparingly.

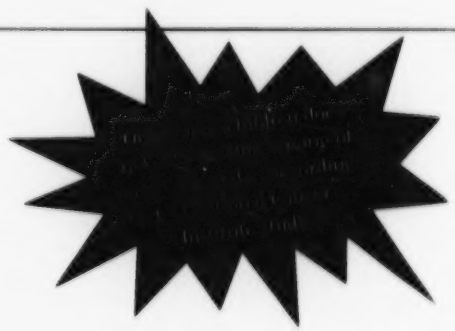


Fast Track to Family Fitness

Kids need regular activity just as much as a healthy diet. Yet according to the American Heart Association, at least half of U.S. children do not get the physical activity they need for long-term health.

Regular activity strengthens the heart, lungs, and muscles. It increases flexibility and helps reduce body fat and cholesterol levels. It will also help your child become more confident, as well as channel energy in a positive way. Here are some ways to get your child up and moving:

- ■ Let your child pick a favorite activity, such as dancing, swimming, soccer, or baseball. Then sign him/her up for a class or a youth league, and show your support by attending games, meets, and practices.
- ■ Put on a favorite tape or CD and dance! Add a twist by staging a contest to choose the craziest, fastest, or most original dancers.
- ■ Make walks with your child a regular part of your routine.
- ■ Teach your child some of your favorite childhood games, such as hopscotch, jump rope, or stickball.
- ■ Make a family fitness wheel. Cut a wheel out of cardboard and divide it into areas, such as five minutes of stretching, 20 jumping jacks, etc. Make a spinner, using two paper clips: Straighten one out and poke it through the center of the wheel. Use the other as a spinner. Take turns spinning a daily activity.



"At least half of today's kids do not engage in physical activity..."

— American Heart Association

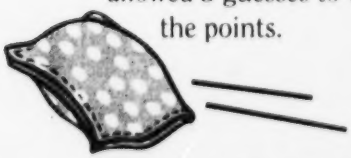
Nutrition Games

Pyramid Pictionary

You will need:
a large easel with paper
a large marker
oaktag or posterboard
a stopwatch

Preparations: Fold the oaktag into squares. Cut out the squares and write the name of a food on each square.

To play: Divide players into two teams. A player from the first team picks a card without showing it to anyone else. The player has two minutes to draw pictures on the paper to help his or her team guess what the food is and where it should be placed in the Food Guide Pyramid. They cannot draw the food itself. If the team guesses correctly, they get 3 points, and 1 bonus point if they can name the food group it comes from. If they don't guess correctly the other team is allowed 3 guesses to win the points.

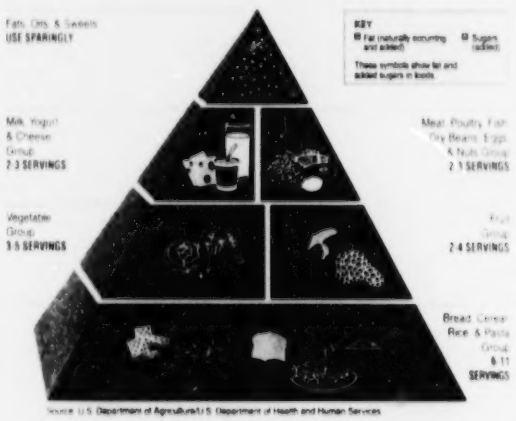


Healthy Hopscotch

You will need:
chalk
beanbags or hopscotch markers

Preparations: Draw your favorite hopscotch outline and write in the different food groups instead of numbers.

To play: Players throw the beanbag or marker onto the first square. Before they hop, they have to name a food from that food group. Players continue from square to square with each successful round until they have completed the course.


Food Guide Pyramid
A Guide to Daily Food Choices
Fats, Oils, & Sweets
USE SPARINGLY
KEY
Fat (naturally occurring and added)
Sugars (added)
These symbols show fat and added sugars in foods.
Milk, Yogurt & Cheese Group
2-3 SERVINGS
Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group
2-3 SERVINGS
Vegetable Group
3-5 SERVINGS
Fruit Group
2-4 SERVINGS
Bread, Cereal, Rice, & Pasta Group
6-11 SERVINGS
Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

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Pyramid Snacks

Children often cannot consume the amount of food in regular meals that will meet all their dietary needs, so snacks are an important part of their diet. Just as when you plan meals, when you select snack foods, you need to keep an eye on your main goal—a balanced diet. Here are some ideas for healthy snacks that you and your child can try out together:

MEXICAN SNACK PIZZAS

A low-fat, low-calorie pizza with a Mexican flavor. The beans and whole wheat muffins give a fiber boost.

- whole wheat English muffins
- 1/4 cup tomato puree
- 1/4 cup canned kidney beans, drained, and chopped
- 1 tablespoon onion, chopped
- 1 tablespoon green pepper, chopped
- 1/2 teaspoon oregano leaves
- 1/4 cup mozzarella cheese, part skim milk, shredded
- 1/4 cup lettuce, shredded

4 servings
Per pizza (1/2 English muffin):
Calories 95
Total fat 2 grams

1. Split muffins; toast lightly.
2. Mix puree, beans, onion, green pepper, and oregano. Spread on muffin halves. Sprinkle with cheese.
3. Broil until cheese is bubbly (about 2 minutes).
4. Garnish with shredded lettuce.

CHILI POPCORN

Prepare the popcorn in a microwave oven or hot air popper. The small amount of fat added to the popcorn is just enough to make the other seasonings stick to the popped kernels.

- 1 quart popcorn, popped
- 1 tablespoon margarine, melted
- 1-1/4 teaspoons chili powder
- 1/4 teaspoon ground cumin
- dash garlic powder

4 servings, 1 cup each
Per serving:
Calories 50
Total fat 3 grams

1. Mix hot popcorn and margarine.
2. Mix seasonings thoroughly; sprinkle over popcorn. Mix well.
3. Serve immediately.

FRUIT JUICE CUBES

Are you looking for an afternoon snack that is cool, refreshing, and different? Both children and adults will enjoy these bite-size fruit juice cubes. They are a good replacement for sweet sugary drinks that supply almost no vitamins and minerals.

- 1-1/2 tablespoons (1-1/2 envelopes) unflavored gelatin
- 3/4 cup water
- 6-ounce can frozen grape or apple juice concentrate

45 cubes
Per cube:
Calories 10
Total fat Trace

1. Very lightly grease 9- by 5-inch loaf pan or plastic ice cube trays.
2. Soften gelatin in water in a saucepan for 5 minutes.
3. Heat over low heat, stirring constantly, until gelatin dissolves. Remove from heat.
4. Add fruit juice concentrate; mix well. Pour into pan.
5. Cover and refrigerate. Chill until set.
6. Cut into 1-inch cubes and serve.

OTHER SNACK IDEAS

When your child wants something:

- Juicy: fruits.
- Crispy: pumpkin seeds, carrot sticks, cucumber strips, toast, cereal mixed with nuts.
- For warmth: soups, cider, or herbal tea.
- For thirst: vegetable juices or fruit and yogurt shakes.

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Sample Letter

PLACE YOUR LOGO OR PLACE ON YOUR LETTERHEAD.

Dear (TEAM NUTRITION SCHOOL LEADER):

I am pleased to inform you that (NAME OF TEAM NUTRITION SUPPORTER) has become an official supporter of USDA's Team Nutrition. We've joined the team because we share the common values found in Team Nutrition's guiding principles, and we look forward to working with you to carry out the program's important mission — to improve the health and education of our children by promoting food choices for a healthful diet.

(TEAM NUTRITION SUPPORTER) believes that an effective way to help motivate children to make healthful food choices is by supporting your efforts to educate children about nutrition and showcase the healthy changes being made in school meals. I'd like to arrange a meeting with you at your earliest convenience to begin to share ideas about how we can work together and plan an exciting Team Nutrition activity for students — and our community. I'll call you next week to see when an appointment can be arranged.

(TEAM NUTRITION SUPPORTER) looks forward to becoming an important Team Nutrition player, and I look forward to meeting you and helping you create some exciting, entertaining and educational Team Nutrition activities.

Cordially,

Sample Media Advisory

FOR IMMEDIATE RELEASE
For more information contact:
Contact name & phone number

MEDIA ADVISORY

WHO: Your organization

WHAT: Team Nutrition activity and brief description

WHEN: Date and time

WHY: (Team Nutrition supporter) and (Team Nutrition school) will kick off its participation in USDA's Team Nutrition with a day filled with exciting nutrition education activities.

Team Nutrition is a National nutrition education program with the mission of improving the health and education of 50 million children in 94,000 schools. Team Nutrition carries out its mission by creating innovative public/private partnerships that extend resources to the local level; actively involving children and their families in nutrition education activities in the classroom, cafeteria, community, and at home; and providing school food service staff with training, recipes, and resource materials to help them serve healthier meals.

Scientific evidence indicates that a diet high in total fat, saturated fat and cholesterol causes increased incidence of cardiovascular disease. Lack of fruits, vegetables and grains increases the risk for some forms of cancer.

***add additional information about your local activity, participants and local school information to generate local media interest.*

Sample News Release

(TN SUPPORTER OR SCHOOL LETTERHEAD)

FOR IMMEDIATE RELEASE
CONTACT NAME
TELEPHONE NUMBER

NEWS RELEASE

(NAME OF SCHOOL) AND (SUPPORTER) CELEBRATE TEAM NUTRITION (DATE)

(TEAM NUTRITION SUPPORTER) will help (TEAM NUTRITION SCHOOL, CITY) kick off its participation in USDA's Team Nutrition with a day filled with exciting nutrition education activities on (DAY, DATE, TIME, LOCATION.)

(TEAM NUTRITION SUPPORTER) representatives will be joined by (SCHOOL NAME) students, teachers, food service workers, and parents along with community health and nutrition leaders, and other volunteer organizations for this unique nutrition education activity. The day's activities will feature (BRIEF DESCRIPTION OF ACTIVITY AND MAJOR ELEMENTS).

(Sample description – The day's activities will feature a nutrition fair where students will move through a series of stations sampling new foods, creating healthy snacks, and identifying where their favorite foods fit on the Food Guide Pyramid. A community forum with members of (INSERT NUMBER OR NAMES) organizations meeting to share ideas and develop a Team Nutrition Action Plan will conclude the day).

(Insert quote from supporter – sample) "(TEAM NUTRITION SUPPORTER) has a strong interest in children's improved health and education. We are pleased to be a part of today's activities and will continue to reinforce good nutrition messages through our channels in the community."

(TEAM NUTRITION SUPPORTER) is a supporter of Team Nutrition the nationwide program developed by USDA to help schools implement the School Meals Initiative for Healthy Children. As a Team Nutrition supporter, (TEAM NUTRITION SUPPORTER) works with Team Nutrition Schools such as (NAME OF SCHOOL) which represents the community focal point to bring together individuals and organizations with a shared interest in working for healthier school meals and more nutrition information for children and their families.

(Insert quote from school spokesperson – sample) "Participating in Team Nutrition is a great way to teach children about the importance of nutrition in a fun, engaging way. With schools, parents and the community all working together, we can certainly make an impact on children's health." said (TEAM NUTRITION SCHOOL PRINCIPAL).

Taste Test

Name _____

We use our different senses when we eat food. We think something is sour because it tastes that way; our sight let's us see colors. Here are some words that describe foods. Match each word with the sense you use to identify it.

warm	hearing
flowery	taste
sweet	sight
crunchy	touch
yellow	smell

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Now taste some foods. Write down the words you use to describe them.

Food 1	Food 2	Food 3
With my nose covered.	With my nose covered.	With my nose covered.
Without my nose covered.	Without my nose covered.	Without my nose covered.
Blindfolded.	Blindfolded.	Blindfolded.
Without the blindfold.	Without the blindfold.	Without the blindfold.

Taste Champion

This certificate is awarded to

_____

for tasting 3 new foods.

Awarded on

_____

by

_____

Team Nutrition Supporter/Team Nutrition School

and

USDA Team Nutrition

Team Nutrition School
Fax-Back Form

To: Team Nutrition Schools Coordinator
USDA
3101 Park Center Drive, Room 802
Alexandria, VA 22302
(703) 305-1624-telephone
(703) 305-2148-Fax

From:

_____ ( ) –
(Contact name) (Telephone)

_____ ( ) –
(Organization) (Fax)

_____
(Street address)

_____
(City, state, zip code)

Please send me a list of Team Nutrition Schools in the following area(s):

_____ _____
City State

_____ _____
City State

_____ _____
City State

_____ _____
City State

_____ _____
City State

_____ _____
City State

Please send me a list of Team Nutrition schools in the following state(s) or counties:

_____ _____

_____ _____

_____ _____

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Team Nutrition Fair Sample Timeline (March)

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1	2
Week 8	3 Weeks 6-8 • Make contact w/possible fair participants including all area TN supporters	4	5	6	7	8	9
Week 7	10	11	12	13	14	15	16
Week 6	17 This week- • Hold a TN fair meeting. • Establish a committee. • Set a fair date. • Create & evaluate a schedule.	18	19	20	21	22	23
Week 5	24 This week- • Line up supporters and organizations to present fair activities.	25	26	27	28	29	30

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Team Nutrition Fair Sample Timeline (April)

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 4	1 This week- • Recruit volunteers. • Identify and solicit equipment & materials needed. • create promotion materials.	2	3	4	5	6 • Confirm all fair activity (8 stations.)	7
Week 3	8 This week- • Begin promotion. • Create & send invitations & info kits. • Line up media interviews.	9	10 • Mail/send invitations to parents & guests. • Mail media kit.	11	12	13 • Media kit arrives- place follow-up calls and arrange interviews.	14
Week 2	15 This week- • Place follow-up calls. • Continue promotion. • Determine sign and parking needs.	16	17 • Post coloring contest in a grocery store or business.	18 • Follow-up on invitations and finalize guest list over next 2-3 days.	19	20	21
Week 1	22	23 Place follow-up calls to all participants, volunteers, media.	24	25	26 • Set-up activities, materials, equipment. • Decorate. • Post signs. • Phone media.	27 **Team Nutrition Fair 11-2pm** • Set up refreshments. • Clean-up.	28 • Look for & clip newspaper articles.
	29	30 Send thank-you notes.	31				

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S M T W T F S

Team Nutrition Fair

S M T W T F S

Sun	Mon	Tue	Wed	Thu	Fri	Sat

S M T W T F S

Team Nutrition Fair

S M T W T F S

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Resources

USDA's Team Nutrition Supporters

To date, nearly 300 organizations, including nutrition, health, education, entertainment, and food industry groups support Team Nutrition's Mission and Principles.

THESE ORGANIZATIONS SUPPORT THE MISSION AND PRINCIPLES OF TEAM NUTRITION

ADVOCAP, Inc.
Agricultural Women's Leadership Network
Agenda for Children
Alivio Medical Center
American Academy of Pediatrics
American Alliance for Health, PE. Rec. & Dance
American Association of Family & Consumer Sciences
American Bakers Association
American Cancer Society
American College of Physicians
American College of Preventive Medicine
American Culinary Federation
American Dietetic Association
American Farm Bureau Federation
American Federation of School Administrators
American Federation of Teachers
American Fine Foods
American Health Foundation
American Heart Association
American Heart Association, MD Affiliate
American Institute for Cancer Research
American Institute of Wine & Food
American Meat Institute
American Medical Association
American Medical Student Association
American National CattleWomen, Inc.
American Nurses Association
American Oat Association
American Psychological Association
American Public Health Association
American School Food Service Association
American Society for Clinical Nutrition, Inc.
Archer Daniels Midland Company
Archway Cookies
Association for Children of New Jersey
Association for the Advancement of Health Education
Association of Maternal & Child Health Programs
Association of State and Territorial Public Health Nutrition Directors, ASTPHND
Aurora Project., Inc.
Beef Products
Bennington-Rutland Opportunity Council (BROC)
Better Baked Pizza
Big Brothers/Big Sisters of America
Blue Diamond Growers
Boy Scouts of America
Bread for the World
Brooks Foods
Bumble Bee Seafoods
California Apricot Advisory Board
California Beef Council
California Department of Education
California Food Policy Advocates
California Fresh Carrot Advisory Board
California Prune Board
California Tomato Growers Association
Camp Fire Boys and Girls
Campaign for Food Literacy
Cancer Research Foundation of America
Careers Through Culinary Arts Program
Center for Environmental Education
Center for Science in the Public Interest
Center on Hunger, Poverty & Nutrition Policy/Tufts University School of Nutrition
Cherry Marketing Institute
Children's Action Network
Children's Defense Fund
Children's Foundation
Children & Families of Iowa
Citizens for Missouri's Children
Citizens for Public Action on Cholesterol
City of Columbus, Health Department
Combined Health District of Montgomery County
Community Kitchen of Monroe County, Inc.
Comstock Michigan Fruits
ConAgra, Inc.
Congressional Hunger Center
Consumer Federation of America
Cooperative State Research, Education & Extension Service, USDA
Corning Consumer Products Company
Council of Agricultural Science & Technology
Council of the Great City Schools
Culinary Institute of America
Curtice Burns Foods
Dairy Council of Central States
Diet Workshop
DINE Systems
Dole Food Company, Inc.
Draper King Cole, Inc.
Eastern Shore Seafoods Products
Eastside Community Ministry
Family Nutrition Program/Purdue University Cooperative Extension Service
Fimast Supermarkets
Finger Lakes Packaging
Florida Department of Citrus
Focus: Hope
Food Chain
Food Marketing Institute
Food Play
Food Research & Action Center
Food Service System Management Education Council
The Food to Grow Coalition
Furman Foods, Inc.
Gehl's Guernsey Farms, Inc.
General Mills, Inc.
Georgia Department of Agriculture
Giant Food Inc.
Gilroy Canning Company, Inc.
Girl Scouts of the USA
Girl Scouts - Mile Hi Council
Gleaners Foodbank of Indiana, Inc.
Green Thumb, Inc.
Health Matters!
HJ Heinz Company
House of Mercy Daycare
Hormel Foods Corporation
Howard Foods, Inc.
Hudson Specialty Foods
Hunger Action Coalition
Husman Snack Foods
Indiana Agricultural Leadership Institute
International Apple Institute

International Food Information Council
International Food Service Distributors Association
J.R. Simplot Co.
James Beard Foundation/Dando & Company
Jewish Healthcare Foundation of Pittsburgh
Kankakee County WIC Program
Kelly Foods, Inc.
Kent State University, School of Family and Consumer Studies
KIDSNET
Lakeside Foods, Inc.
Land O'Lakes Custom Products Division
LDS Church Welfare Services
Life Lab Science Program
MAGNAtracker Company
Maudester Farmer
Marriott Management Services
Marvel Entertainment Group
Mello Smello
Michigan Apple Committee
Michigan Asparagus Board
Michigan Plum Advisory Board
Michigan Red Tart Cherry Advisory Board
Minnesota Cultivated Wild Rice Council
Minnesota Extension Service
Minnesota Food Education & Resource Center
Minnesota Food Share
Mothers & Others for a Livable Planet
Muir Glen Organic Tomato Products
Nalley's Fine Foods
National 4-H Council
National Alliance of Vietnamese-American Service Agencies
National American Wholesale Grocers Association
National Association for Family & Community Education
National Association for Sport & Physical Education
National Association of Elementary School Principals
National Association of Psychiatric Treatment Centers for Children
National Association of School Nurses
National Association of School Psychologists
National Association of State NET Coordinators
National Association of WIC Directors
National Black Child Development Institute
National Black Nurses Association
National Black Women's Health Project
National Broiler Council
National Cattlemen's Beef Association
National Consumers League
National Council of LaRaza
National Dairy Council
Dairy Council Mid East
St. Louis District Dairy Council
Washington State Dairy Council
National Dental Association
National Dry Bean Council
National Education Association
National Extension Association of Family and Consumer Sciences
National Farmers Organization
National Farmers Union
National Fisheries Institute
National Fitness leaders Association
National Food Service Management Institute
National Future Farmers of America
National Grange
National Heart Savers Association
National Medical Association
National Osteoporosis Foundation
National Pasta Association
National Peach Council
National Pork Producers Council
National PTA
National Puerto Rico Coalition
National Restaurant Association
National Rural Electric Cooperative Association
National School Health Ed Coalition
National Turkey Federation
National Urban League
New England Dairy Food Council
North Atlantic Sardine Council
North Carolina Sweet Potato Commission
Northwestern University Settlement
Nutrition Council
Ocean Spray Cranberries, Inc.
Ohio Hunger Task Force
Ore-Ida Foods, Inc.
Organization of Chinese Americans
Our Daily Bread
Pennsylvania Coalition on Food & Nutrition
Perdue Farms, Inc.
The Potato Board
President's Council on Physical Fitness & Sports
Proctor & Gamble USA
Produce for Better Health Foundation (5-A-Day)
Produce Marketing Association
Produce Productions, Inc.
Public Voice for Food & Health Policy
Quaker Oats Company
Randall Foods Products, Inc.
RC Fine Foods
Sabatasso Foods, Inc.
Scholastic, Inc.
School Nurse Organization of Minnesota
Second Harvest National Foodbank Network
Second Harvest - St. Paul
Second Harvest - Tri-State Food Bank, Inc.
Shape Up America
Share Our Strength
Snyder of Berlin
Society for Nutrition Education
Society of State Directors of Health, Physical Education and Recreation
SouthEast Alaska Health Consortium
Southern Frozen Foods
Soy Protein Council
Squab Producers of California
The Sugar Association
Sunkist Growers, Inc.
Sunshine Biscuits
Texas Citrus & Vegetable Association
Tim's Cascade Chips
Tony's Food Service Division
Townsend Culinary, Inc.
Tree Top, Inc.
United Soybean Council
United States Department of Education
United States Department of Health & Human Services
The Urban Coalition
University Extension, University of Missouri
University Extension, Schuyler County
University of Cincinnati Nutrition Program & Nutrition Learning Center
University of Hawaii Cooperative Extension Service
University of Nebraska Cooperative Extension Service
University of Wyoming, Cooperative Extension Service
Urban Family Institute
The Urban Mission
USA Dry Pea & Lentil Council
USA Rice Federation
USA TODAY
Van Camp Seafood Company, Inc.
Vegetarian Resource Group
Virginia Apple Growers Association
Voices for Children in Nebraska
Walnut Hills/Over The Rhine Kitchen
The Walt Disney Company/Buena Vista Pictures Division
Wawona Frozen Foods
Wheat Foods Council
Wisconsin Nutrition Project
Wisconsin Rural Development Center, Inc.
World Hunger Year
Zartic, Inc.

Contacting Cooperative Extension, Child Nutrition, and Nutrition Education & Training (NET) Offices

State Cooperative Extension Offices

Cooperative Extension Service state offices are located on the campuses of land-grant universities. Below is a list of Cooperative Extension faculty who are a source of research-based nutrition information including Team Nutrition in the state offices.

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These individuals are great resources of nutrition education materials including Scholastic's Team Nutrition Teacher Classroom Kits. They also can provide assistance with training and technical assistance for food service professionals. They are familiar with Team Nutrition materials and available training opportunities.

Most NET Coordinators have resource libraries and loan materials to schools. Many States award grants to local schools for nutrition education projects .

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